



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01263, Ice cream, light, soft serve, chocolate

Report Date: July 16, 2017 18:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	68.92	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Energy	kcal	141	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Energy	kJ	590	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Protein	g	3.36	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Total lipid (fat)	g	3.69	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Ash	g	0.88	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carbohydrate, by difference	g	23.15	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Thiamin	mg	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Riboflavin	mg	0.124	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Niacin	mg	0.186	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Pantothenic acid	mg	0.096	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin B-6	mg	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Folate, total	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Folic acid	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Folate, DFE	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Choline, total	mg	10.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin B-12	µg	0.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin A, RAE	µg	91	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Retinol	µg	90	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carotene, beta	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	336	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lutein + zeaxanthin	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin D (D2 + D3)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin D	IU	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lipids													
Fatty acids, total saturated	g	2.349	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
4:0	g	0.098	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
6:0	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
8:0	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
10:0	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
12:0	g	0.081	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
14:0	g	0.297	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	1.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:0	g	0.625	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total monounsaturated	g	1.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
16:1 undifferentiated	g	0.062	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:1 undifferentiated	g	0.931	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total polyunsaturated	g	0.125	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:2 undifferentiated	g	0.086	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:3 undifferentiated	g	0.039	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total trans	g	0.168	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Cholesterol	mg	15	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013